

¹ *Supplementary materials for: Fitness tracking reveals
task-specific associations between memory, mental
health, and exercise*

⁴ Jeremy R. Manning^{1,*}, Gina M. Notaro^{1,2}, Esme Chen¹, and Paxton C. Fitzpatrick¹

⁵ ¹Dartmouth College, Hanover, NH

⁶ ²Lockheed Martin, Bethesda, MD

⁷ *Address correspondence to jeremy.r.manning@dartmouth.edu

⁸ October 11, 2021

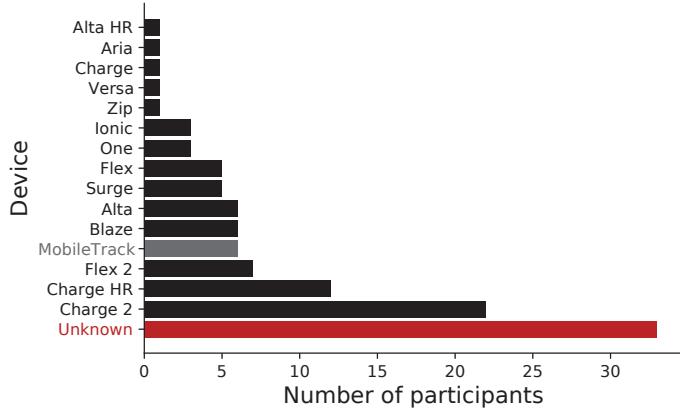


Figure S1: Fitbit devices. The bars indicate the numbers of participants whose fitness tracking data came from each model of Fitbit device. “MobileTrack” refers to participants who used smartphone accelerometer information to track their activity via the Fitbit smartphone app. “Unknown” denotes participants whose device information was not available from their available Fitbit data.

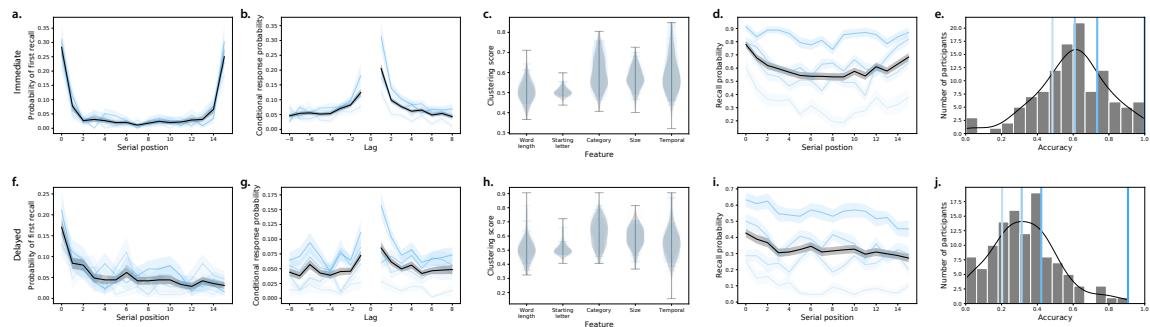


Figure S2: Free recall behavioral results.

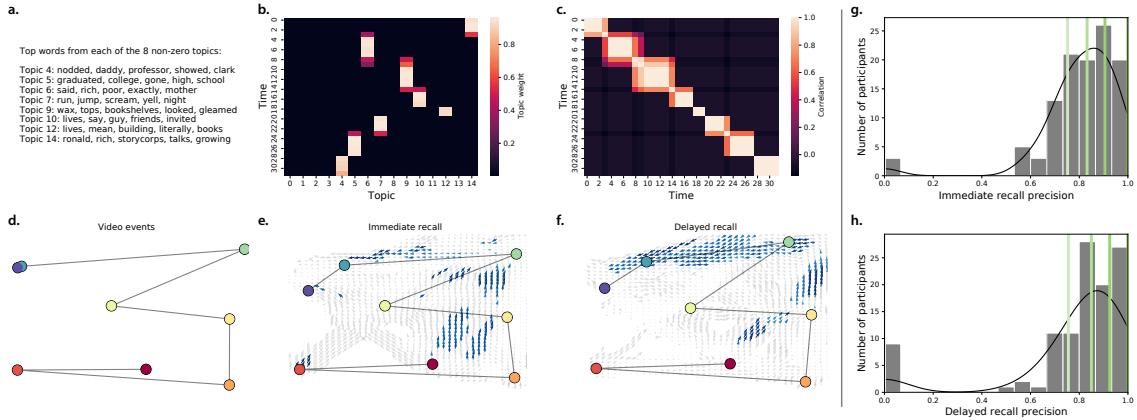


Figure S3: Naturalistic recall behavioral results.

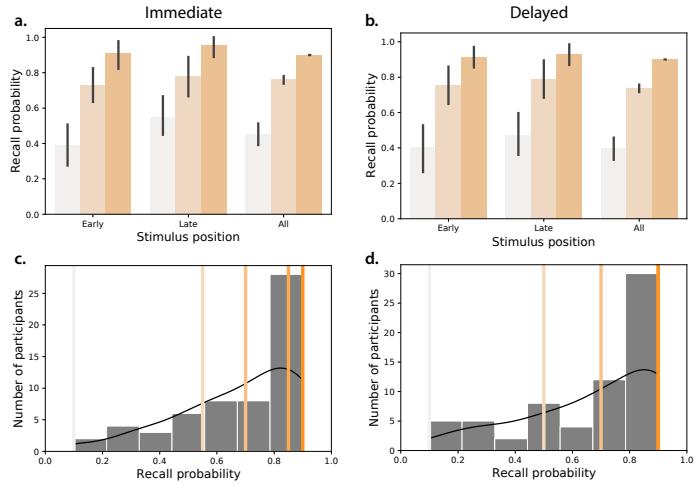


Figure S4: Foreign language vocabulary learning behavioral results.

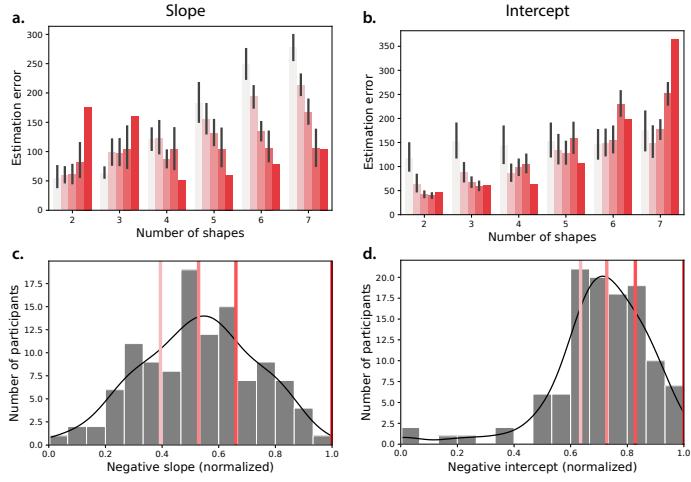


Figure S5: Spatial learning behavioral results.

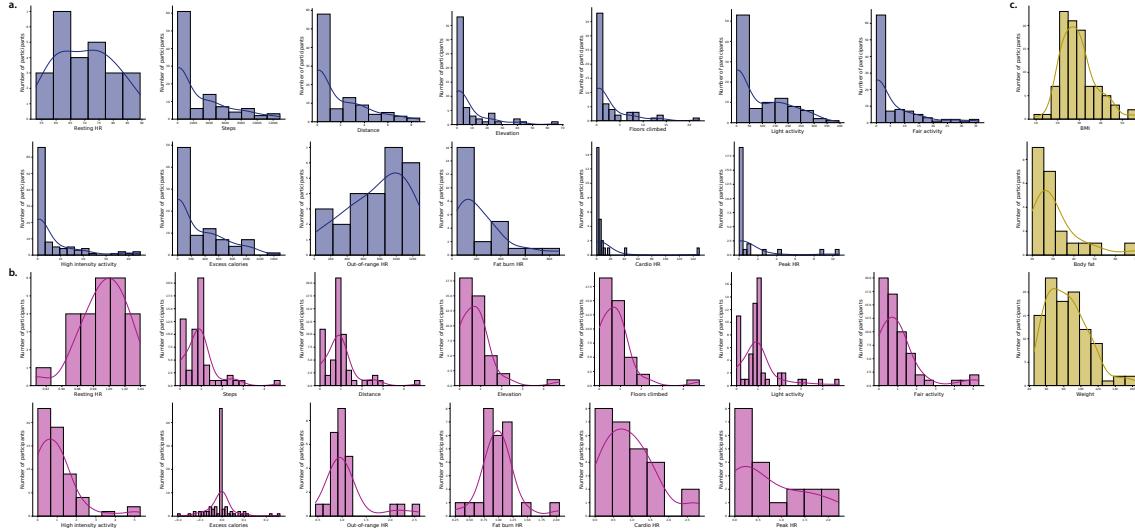


Figure S6: Distributions of fitness measures.

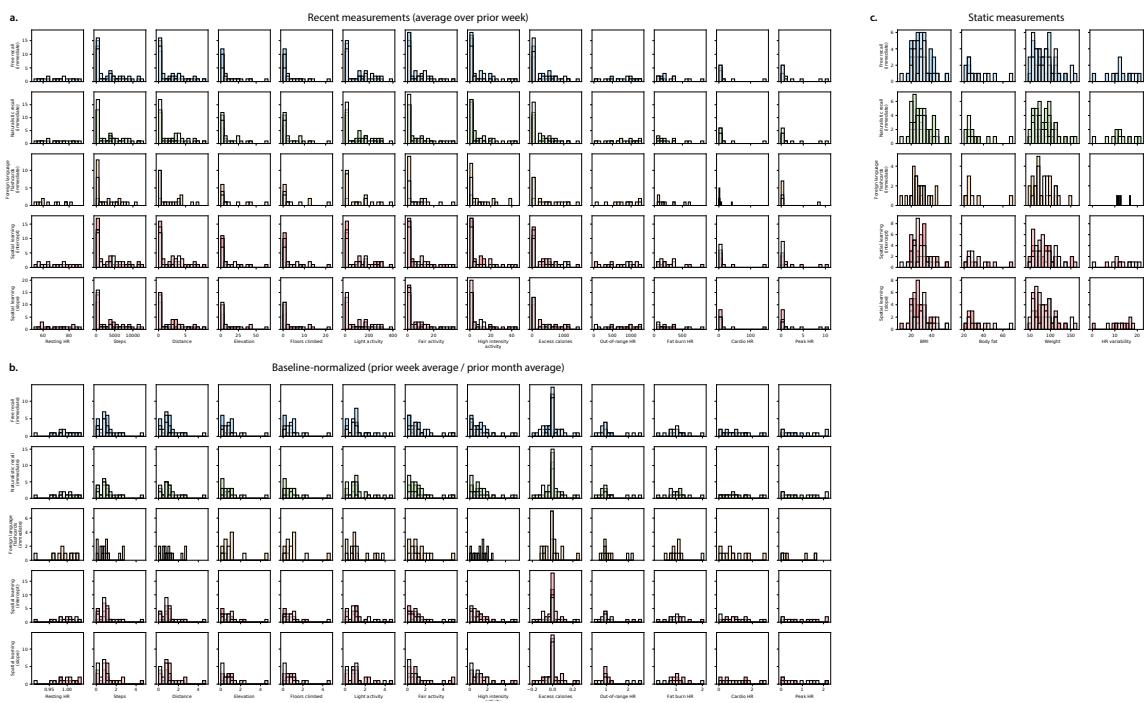


Figure S7: Distributions of fitness measures, broken down by immediate task performance.

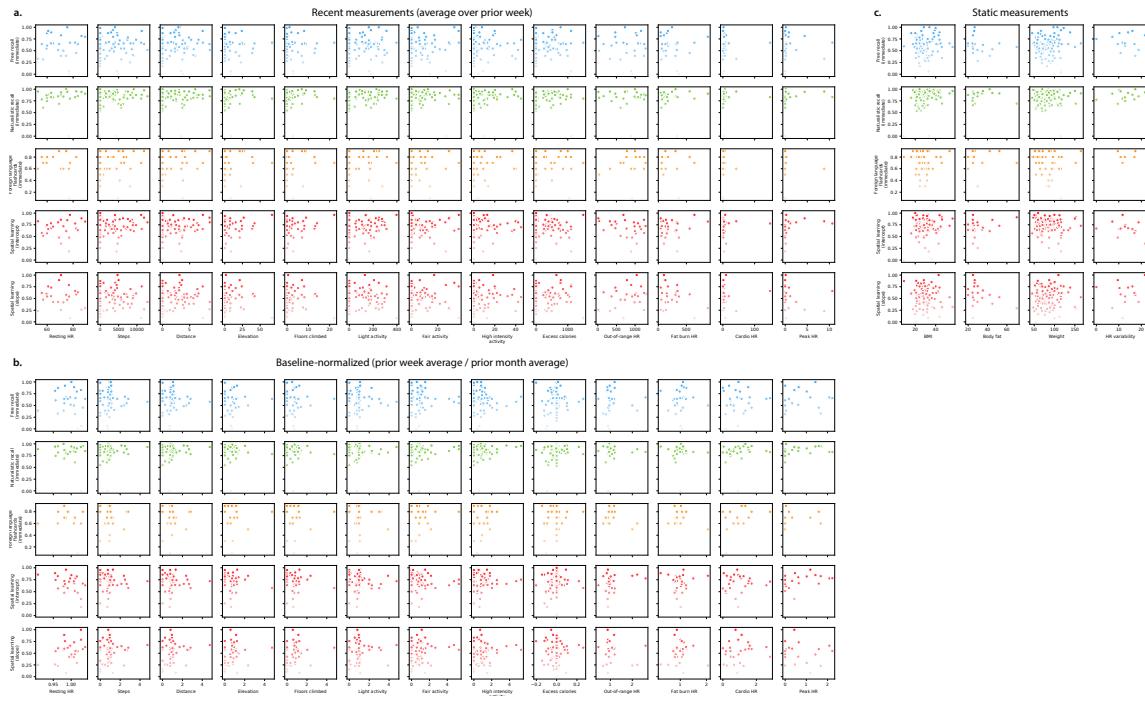


Figure S8: Scatterplots of fitness measures versus immediate task performance measures.

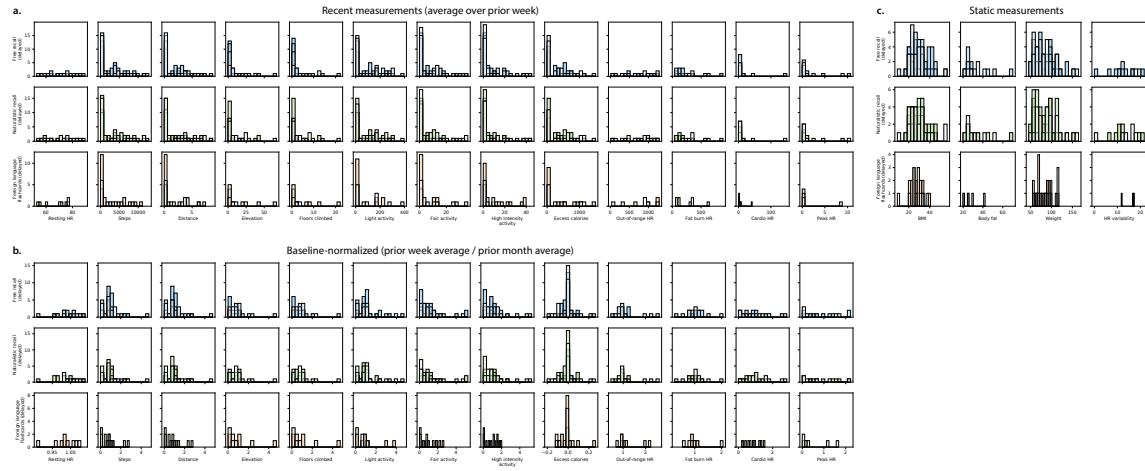


Figure S9: Distributions of fitness measures, broken down by delayed task performance.

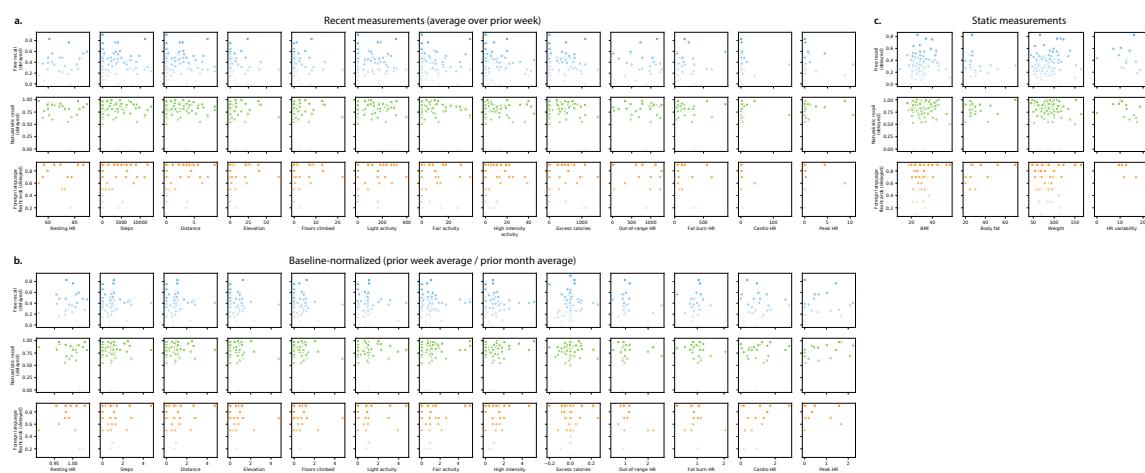


Figure S10: Scatterplots of fitness measures versus delayed task performance measures.